

A
T R E A T I S E
O N
S T R U M A O R S C R O F U L A,
C O M M O N L Y C A L L E D
T H E K I N G ' S E V I L ;

In which the Impropriety of considering it as an
HEREDITARY DISEASE is pointed out; more ra-
tional Causes are assigned; and a successful Method
of TREATMENT is recommended.

By T H O M A S W H I T E,
SURGEON to the LONDON-DISPENSARY.

L O N D O N :

PRINTED FOR J. MURRAY, No. 32, FLEET-STREET; AND
R. TURNER, No. 13, CORNHILL.

M D C C L X X X I V .

T O

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The GOVERNORS of the LONDON-DISPENSARY,

T H I S T R E A T I S E

Is most respectfully

Inscribed by

Great St. Helen's, Bishopsgate-Street,
June the 4th, 1784.

T H E A U T H O R.

INTRODUCTION.

I FLATTER myself that the following pages may engage the attention of those persons who are more immediately interested, in guarding against, as well as removing, one of the most frequent, and obstinate diseases, to which the youth of both sexes are particularly subject in this country. The symptoms may not seem alarming on their first appearance, it is true, yet it will be generally allowed, that if neglected, or improperly treated, they lay the foundation of consumptive, and other fatal disorders, in the advanced periods of life.

From

From a variety of circumstances, Struma, or the King's Evil, excited my particular attention, in the early part of my practice. The want of success under the direction of many of the most ingenious in their profession, made me frequently lament the universality of a disease, where the powers of Art seemed to have so little influence, and the efforts of Nature were so often ineffectual. At a subsequent period, I was placed in a public situation, where a very considerable number of my patients were affected with this complaint, and their circumstances by no means admitting a change of situation, induced me to make every possible inquiry for a more successful method of treatment.

ment. With that view, I embraced every opportunity of examining those that died of this complaint, and was convinced that the seat of the disease was in the Lymphatic system.

The cause of this complaint is a subject of yet greater importance. The common idea that Struma is an hereditary disease, derived, or acquired from a tainted constitution of the parent, I have long considered as fallacious; and to demonstrate the fallacy and the danger of this position, are the objects of my present inquiry.

From a review of my journals, I have had upwards of twelve hundred

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strumous patients; a circumstance which has afforded me the fairest opportunity of giving a great variety of remedies, a candid and impartial trial; and it is chiefly upon this experience that I have ventured to recall the attention of the profession to the mild preparations of Mercury in the resolution of enlarged Lymphatic glands. Many auxiliary medicines will be requisite, in almost every stage of Struma, which will depend upon the occasional cause, the age, the constitution of the patient, and upon many other circumstances. But the great improvement in medical science, renders it unnecessary to be very particular in pointing them out. For this reason, and that some

some of the preparations of Mercury vary much when prepared by different persons ; I have throughout this part of the subject rather wished to describe the effects that appeared most salutary, than the precise dose by which they were obtained.

When the period for resolution is past, and suppuration has taken place, I have recommended the making an early opening, especially in weakly habits. Ulcers, originating in wounded or suppurated Lymphatic vessels, frequently pour out large quantities of Lymph, and the difficulty seems to be, how, by mild means, to check this great discharge which
pre-

prevents the formation of a cicatrix. The late Mr. Hewson treats of a case given by Professor Monro, and another that came under his own inspection, where there was a division of the Lymphatic that passes over the tibia. Both of these cases succeeded very well, by the use of a solution of *Vitriolum Cæruleum* and a proper bandage. Mr. Hewson's opinion that the white fungus, mentioned by Professor Monro, was a mistake, and that it was only the Lymph jellied from its being confined by the dressings, is a proof that he had not seen any great variety of strumous cases. He would otherwise have been convinced that the Professor's description was just, and the

the case very common. I believe Mr. Hewson right in his conjecture, that it was the Lymph, and that it was easily removed, if attended to daily, but if neglected a few days, it will then become firmer, and put on the appearance described by Professor Monro. I have met with several cases of this kind, both from external injury and suppuration, that have been very troublesome; and of many applications, I have preferred the *Aqua Calcis*. It seems to have a property of constringing the vessels, and prevents either a transudation, or a pouring out of their contents; and in this circumstance consists its principal utility. I have occasionally added
the

the * *Gum, Myrrh, or Cortex, Peruvianus*, and have sometimes thought it preferable in this form. This can only be supposed to act locally, therefore, when there is general relaxation, we must have recourse to tonic medicines, and all the concomitant auxiliaries.

I must beg the indulgence of the Anatomist for frequently speaking of diseased Lymphatic glands, where yet they have not been demonstra-

* The best way of making this solution, is as follows, R. Cal. Viv. 2 oz. Gum. Myrrhæ 1 oz. terantur bene in Mortareo Marmoreo postquam adde Aquæ Bullient. lb.i. digere per aliquot dies et sepe pro usu. In this form the Aqua Calcis will be found a tolerably good Menstruum for the gum, and it has the advantage of spirituous applications in not being at all painful.

ted.

ted. Absorption is now, I believe pretty generally admitted to be by the Lymphatic system: may there not then be a great number of small glands imperceptible in a healthy state, but considerably magnified by disease?

As I consider there are many persons interested in the present subject that are not of the profession, I have endeavoured as much as possible to avoid technical words, and have only introduced them where any explication would have been extremely verbose.

One other object I have constantly had in view, which was to treat my subject as concisely as possible; considering this as the best

apology to those that may be unconvinced by the arguments here suggested, that much time has not been lost to them by the inquiry.

Every attempt to controvert opinions that have been long established, and universally admitted; requires the utmost candour. The many deficiencies that may be observed throughout this Treatise in point of style, and in my method of treating the subject, will, I hope, be in some measure compensated, by a close attention to facts, and the true unexaggerated account of the effects, and operations, of such remedies, as have been found efficacious, and are the result of repeated experience.

A
T R E A T I S E
O N
STRUMA, OR SCROFULA,
COMMONLY CALLED
THE KING'S - E V I L.

W H E N we confider, that there is
fcarcely a difeafe in this country
fo general as ^a Struma, or the ^b King's Evil,
the Small-Pox and Meafles excepted ;

^a I have preferred the original term of *Struma*, given
by the Latins, and ancient writers in Medicine, to this
description of difeafed glands, to that of *Scrophula* vel
Scrofula.

^b In our own language, from the time of king Edward,
furnamed the Confeflor, who, with many of his fucceffors,
pretended to cure this difeafe by the touch, it has been
called the King's-Evil ; but when the kings were convinced
of the abfurdity, and left off the practice of touching,
and when the idea prevailed of its being an-heredi-
tary difeafe, this appellation became very obnoxious,
and complaints of this kind have been moft frequently
called Scrofulous, or *Scrofula*.

it is somewhat surprising that it has not more generally engaged the attention of the ablest men in the profession; whether we consider it as a disease that adds more to the bills of mortality than any other, or in its milder consequences, as rendering imperfect and disfiguring some of the most beautiful of our species; it is surely of sufficient importance to deserve the most serious consideration; and an emulation ought to arise in the profession, to prevent, as much as possible, the baneful consequences of so dreadful a malady.

Very happily for mankind, the distressing effects of the Small-Pox are, in a great measure, obliterated by inoculation, and I should hope time and attention, will prove almost equally advantageous, to the prevention, or cure, of Struma. Indeed, a great deal has been written upon this subject, but it was at a time, when the treatment of diseases in general, was governed more by past observations, than a knowledge of the animal œconomy, and

when mystery and superstition were its greatest supporters; notwithstanding which, it is scarcely possible to believe, that men who could write rationally upon other subjects as well as diseases, could be so ignorant as to offer serious reasons, in support of an opinion, that the touch of distinguished personages could possibly cure a disease. And I am very much inclined to think there was a mixture of policy in the whole of that transaction; for upon reading some of the authors of those times, it appears, that the objects most frequently presented for the royal touch, were those who had the disease but slightly, having only tumours in the neck, and other appearances which are, in many instances, the first symptoms of Struma, and very often disappear without the least medicinal aid: so that we find nature, kind enough to do the same good offices now, which she did with so much *eclat* several centuries ago.

As a great many of the objects came from different parts of the country, some
of

of the medical writers of those days, being a little sceptical in this affair, could not be persuaded, but that the journey and change of air, were great aids to the means made use of; while others strongly contended for the distinction between kings and subjects; and a pious ^c divine brought it forward as a convincing proof, that the Protestant was not inferior to the Catholic religion ^d. We have, however, great reason to congratulate ourselves upon the advancement of the sciences in general, and that of Physick, and Surgery, in particular; and although the subject of Struma has not engaged the particular attention of any medical writer, for some time, there is scarcely any other disease, that has not been fully discussed by different authors. This inattention, I conceive to have

^c Dr. Tooker.

^d There were frequent disputes with whom this distinguishing qualification originated, whether with the Catholic or Protestant kings; and the fallibility of one party was much suspected by the other.

originated

originated in the idea, that it was an hereditary disease; that its effects were very accurately marked by many writers; and that therefore the only object of attention was an effectual remedy. This part of the subject has been often considered, and a variety of medicines are said to have been efficacious in the cure of this complaint. Diet drinks innumerable, and almost as many different fomentations; cataplasms, plasters, and unguents, have been pointed out as specifics; but as not one of these means are at this time noticed, we are induced to doubt the authorities, and must suppose the representations fallacious. However, impositions^c, to the full as improbable and ridiculous, are still held out by vulgar and superstitious persons, to beguile the credulous and unthinking part of mankind. But while we exclude the possibility of

^c The hanging of vervain root round the neck, the surrounding the diseased parts with particular precious stones, the stroking the part with a dead person's hand, and many similar acts, are said by different people to be specifics in the cure of Struma.

curing diseases by charms and nostrums, let us not fall into nearly as great an error, by supposing that any one application, whether internal or external, unaided by other means, can possibly be a remedy for a generally diseased habit.

Mercury, and Peruvian Bark, are the only two medicines that have yet acquired the name of specifics; but every one knows how often the aid of other medicines, as well as the strictest attention to the non-naturals are necessary, to render even these efficacious, in the very diseases for which they have acquired this distinguishing title.

Struma, by all who have wrote upon it hitherto, has been considered as an hereditary^f disease, but I shall endeavour to assign
other,

^f What I conceive to be the general idea of hereditary disease, is a certain morbid quality in some part of the human body, said to be in the blood, derived from one or both parents, and transmitted to their posterity, that is not to be extirpated by art, but exists during life; and, in most instances,

other, and I hope more rational causes, and prove that opinion not to be justly founded. That it is a disease more general in this country than many others, must be readily admitted; and the opinion of an eminent Italian writer, *Zaviani*, corroborates this idea; for he calls it the English distemper. This disease is also more prevalent in some counties than others. The counties of Suffolk and Lancashire are remarkable for the numbers of people afflicted with this complaint; but this cannot be adduced as a proof of its being hereditary.

That there is a pre-disposing cause in different habits to different diseases, is beyond a doubt, generally, according to the different formation of the body: this is so common that it is universally admitted. As for example, people of long necks and narrow chests are

instances, according to the occasional causes, and other concurring circumstances, makes its appearance sooner or later, and becomes more or less destructive to its possessor.

most

most liable to Catarrh, and Consumption ; and those of short necks and large heads to Apoplexy, and Epilepsy. If this be what is understood by an hereditary disease, I cannot have the smallest objection, because it is frequent and most natural for children to resemble their parents, in person, and form ; consequently, they are most likely, if the same or similar occasional causes should exist, to be afflicted with the different diseases to which their parents were most liable. But no form, age, sex, or complexion, are exempted from Struma ; and, therefore, in this respect, it cannot be considered as an hereditary disease. Every practitioner must have seen innumerable instances of the finest children, in their person and shape, afflicted with Struma, and the same of adults ; and therefore it cannot be said to originate in a defect in the form. That a defect in the form is a consequence of the disease, must be readily admitted, and I hope it will appear to be a more common cause than has generally

generally been supposed, and may thence in some degree be remedied.

Persons of red or light-coloured hair, are said to be peculiarly subject to this disease; but that this complaint is not confined to the colour of the hair, or the complexion, is evident from the numbers of people that have dark hair and similar ^s complexions being very frequently Strumous.

There are many instances, where both father and mother are disfigured by Struma, and their children have been perfectly free from the least appearance of such a complaint. I know it will be here said, that although the disease has not yet appeared, there is every reason to suppose it will. If it was dependant upon any particular form or complexion, this might be reasonably expected; but the contrary is very well known, and therefore the conjecture is not

^s The children of the poorer Jews are almost invariably Strumous; and I have had several black people under my care with the same complaint.

well founded. But even admitting that some of the children of such parents become Strumous, this is no proof that the disease originated in an hereditary tint or morbid disposition derived from the father or mother. The occasional causes are so numerous, the appearances so various, and so many parts of the body are liable to be affected with this complaint, that it is clearly the most general disease of this kingdom, in children particularly; and thence it is no wonder it should be more frequently anticipated than any other disease, and with some degree of success; nor does it require any great degree of sagacity to make this prognostic.

It frequently happens, that children have this complaint, whose parents do not appear to have been at any period of their lives affected. Here it is, the favourers of hereditary disease introduce the probability of parents concealing their supposed defects, and endeavour to trace the disease back to their ancestors, where it is most probable

they will succeed in their inquiries; for without meaning to offend, I will presume to say, there is not one family in twenty in this country, consisting of a number of children, where this complaint has not in some form and at some period made its appearance.

The Small - Pox, Measles, Hooping-Cough, and other diseases, are frequently the causes of Struma. Is it reasonable in these instances to consider it as hereditary? Some gentlemen are of opinion that the disease may be in the habit for a number of years, and the diseases alluded to, and other causes excite to action the latent complaint. I will grant that the Lymphatic glands in the lungs, or Mesentery, may be obstructed and enlarged, and the disease may remain in an inactive state for a great number of years: this is often the case with the Lymphatic glands externally, there being many instances of people having them enlarged under the chin, in the axilla, and breast, for many years, without their becoming more diseased. But instances are also frequent where these

tumors

tumors are as it were the barometers of the body, becoming larger and more sensible at the different seasons of the year, and even the slightest intemperance, or irregularity, shall be frequently known by its affecting that particular part; and should the disease increase at a future period, it seems no more than might be reasonably expected.

We have frequent examples of one child's being Strumous and the rest of the family perfectly free; but if the disease was truly hereditary, none could be expected to escape.

Children are often born small and weakly from the indisposition of the mother during pregnancy; but there is no hereditary disease: the infant improves from the moment it has proper nutriment, and frequently becomes a fine full-grown child.

The Lues Venerea, may be sometimes communicated from the mother to the child, but there appears little probability
after

after the disease is thoroughly cured, of its making a second appearance, at any period, without a fresh infection; and it may be proper to observe, that this disease is communicable in a manner very different from Struma.

There are many who suppose this disease to be communicated by nurses; but this I cannot admit: the instances are sufficiently common, where children thrive very well while the mother or nurse may labour under a variety of complaints; but, on the other hand, where nurses have acute diseases, in most cases the children suffer very materially, and in situations of this kind, no one will hesitate to say, their milk must be improper for the nutriment of a child; but we are supposed to be speaking of nurses to all appearance in perfect health, and I consider it as of little consequence to the infant, whatever may be the probable disease or diseases of her habit of body. Every one will naturally make choice of those women who come the nearest to the
 standard

standard of perfection, in point of form, if there otherwise are no material objections ; but we shall often find as to women who are of a thin delicate skin, well-proportioned in every respect, and who make the best nurses, that their own children having the mother's delicacy, and from thence a great degree of susceptibility, have frequent enlargements and affections of the Lymphatic glands. I do not however conceive that the milk of the nurse when in perfect health can possibly create a disposition in the child, to the probable diseases of her habit of body.

Children who have become Strumous after inoculation, have been supposed to have had the disease conveyed to their habit with the variolous matter ; but I consider this supposition to, be equally ill founded ; as I have tried in many different instances if Struma was a communicable disease, and am firmly of opinion that it is not.

But it will appear unnecessary to furnish arguments to prove that a disease is not hereditary,

hereditary, when we are informed there is no one satisfactory argument in its support.—Whence then originated the idea? most probably from the frequency of its appearance, its attacking children, and the great difficulty of curing those afflicted with it; but surely neither the frequency of a disorder, nor its being local, can be urged as valid reasons, otherwise all disorders arising from situation, may be considered as hereditary. The Broncocele is so frequent in Derbyshire, as to have acquired the name of the Derbyshire Neck, and Heister says, that it is related to be so general among the inhabitants of Tyrole, that it was considered as an ornament; but unless the children of the women of Tyrole, and those of Derbyshire, when removed to a situation distant from their respective counties, should have the Broncocele, it cannot be styled an hereditary disease.

Its principally attacking children, seems the most plausible reason for considering Struma as an hereditary disease; but to
deem

deem it hereditary because in most instances it makes its first appearance in infancy, is very fallacious ; for, I believe, almost every child may be made Strumous, and that great numbers actually are so by improper management, which will hereafter be more fully pointed out.

After all, when we consider the number of ingenious and learned men, who have been employed in the profession, and the great variety of different means which have been made use of, without any well-founded pretensions to a remedy, I cannot but think that this reason must have had its influence ; and to deem it hereditary, was the best apology that ingenuity could devise ; nor should I have thought it necessary to have taken up so much of the reader's time, to prove that a disease is not hereditary, that is so general, but that I know it to be a cause of uneasiness in many families, and what is of still more consequence, I am persuaded many thousands have lost their lives by this prevailing opinion ; for even
men

men of abilities, not having been placed in a situation where this disease claimed their particular attention, have admitted the general assertion to be a fact, without entering into its merits, and in consequence of this persuasion, they have been content with recommending such methods as they have thought were most likely to palliate the symptoms, or to check the progress of the disease. But what reason have we to look upon the study of physick in its different branches as at its *ne plus ultra*? Many discoveries prove the contrary. The very important one of the circulation of the blood, is at no very distant period, considering how long the study of anatomy has been in practice; and though *Bartholin*, *Nuck*, and others, have written upon the Lymphatics, yet are we chiefly indebted to the professors of anatomy, of the present age, for a more general information respecting that important system; nor do I think there is the smallest doubt, if we may judge from the advantages attending past discoveries, but that our successors will be

fortunate enough, to find effectual remedies for those diseases, which are at this time the support of empiricks, and the opprobrium of the regular practitioner.

I shall now point out the seat, and consider the causes of Struma; but with a desire to be generally understood, I shall first beg leave, in a few words, to explain the manner in which the human body is nourished and supported.

The food being received into the Stomach, and having undergone certain changes by digestion, so as to render it fit for nutrition, goes forward into the small intestines, where it is absorbed by the Lymphatics, in this part called Lacteals, and passes on to the Mesenteric glands, which are situated in that fatty membrane, which is connected with the intestines; from thence to the ^hReceptaculum Chyli,

^h The Receptaculum Chyli is not a large cavity, as may be supposed, from the term, but a smallish tube or tubes passing upwards by the side of the large artery, and

Chyli, and Thoracic Duſt, which empties itſelf into the left Subclavian vein, unites with the refluent blood, and is at once admitted into the general circulation; then being carried from the heart by the arteries to every part of the body, is returned by the veins, and the reſiduum of the food is paſſed through the alimentary canal: this, in a few words, is the proceſs, by which the human body is nourished and renovated.

The Laſteals, I obſerved, were Lymphatics; there are alſo Lymphatics in every part of the body, which, like the veins, go from the extremities towards the centre: they are infinitely more valvular than the veins, and have a greater number of intervening ⁱ glands, which have

and when it has paſſed the Diaphragm, which is the partition between the upper and lower part of the body, it is termed Thoracic Duſt.

ⁱ Whether gland is a proper term, or whether it be convolutions of the Lymphatics, is of no importance to the preſent ſubject. I have preferred the word gland, as the term moſt frequently in uſe.

different

different ^k appellations, according to their situation and their course : a great number of them are pointed out in Mr. Hewson's plates, which will furnish the reader with a pretty clear idea of their situation in the extremities. I am informed, that the Lymphatics from the lower extremities, have sometimes emptied themselves into the Iliac veins; when that is not the case, they, with those from the upper extremities, meet the Thoracic Duct at the left Subclavian vein.

SEAT OF THE DISEASE.

Dissections, the only true criterion, incontrovertibly prove the Lymphatic glands to be the seat of Struma; and although every other part of the body, at different times, must suffer from its connexion with this disease, yet in strumous cases, it had its origin in the Lymphatic system.

^k Glandulæ Lymphaticæ Cervicales	The Lymphatic Glands of the Neck.
..... Occipitales of the back part of the Head.
..... Axillares of the Arm-Pit.
..... Mesentericæ of the Mesentery.
..... Inguinales of the Groin.
..... Crurales, &c. &c.	.. . of the Legs, &c. &c.

HISTORY OF THE DISEASE.

Struma, seems to be a disease, that seldom appears in very hot or very cold climates ; and in this country, the people of a delicate and irritable habit, as they are more susceptible, are thence, I conclude, more frequently affected. It has been often remarked, that those who have the pupil of the eye dilated more than common, and a fulness of the cheeks, are more subject to diseased Lymphatic glands, than others.

This disease does not appear to be confined to the human species. It is said to have derived the name of Scrofula, from its having been a very general disease among swine.

The disease of sheep, so common in this kingdom, called Rot, is, in my humble opinion, the very same with what is termed Struma, or Scrofula, in the human subject.

subject. It affects the ^llungs, ^mliver, and ⁿmesentery, producing similar effects.

Monkeys are very frequently strumous in this country, and I do not remember to have seen that this was the case, or to have heard the remark made, with regard to them in their native climate.

Very

^l Its first appearance in the lungs is by small bluish spots, which, when examined, are found to be enlarged Lymphatic glands, and as they grow larger, when divided, there will be found a thick caseous substance; and the next process, seems to be to a thin watry liquid, frequently accompanied with adhesions of the lungs to the Pleura, the cough is particular, which makes this disease very distinguishable.

^m When the liver is beginning to be diseased, there appears a number of small white spots, which, if pressed, are hard like those in the same stage in the lungs; and with an increase of the disease, there are similar watry vesicles, containing most frequently hydatids, sometimes of a very considerable size.

ⁿ When this disease is in the mesentery, I have seen them so numerous and nearly connected together, as to resemble one continued gland, for the length of a yard or more, and where this part is affected, it is observed
they

Very different have been the opinions with respect to the cause of Struma. The most general I believe is, that it is owing to a prevailing acidity: that an acid or an alkali, or any other body, not immediately destructive of the vital principle, should be prevalent in the habit of people highly

they soon grow poor, and in the last stage frequently like the human species become dropfical, or die tabid; a butcher related this in the simplest manner possible, by saying, the larger the kernels were in the part I called Mesentery, the poorer the sheep. It is also worthy of remark, that it is the most common thing that can happen, for ewes to die of the rot, when their lambs have remained perfectly sound, although there was not the smallest reason to doubt their being diseased, long before they had yeaned; this fact must strongly support the idea of its being a local complaint, and is not at all reconcilable to the opinion of its being hereditary.

The cause of this disease among sheep, is generally supposed to be, from their feeding upon that kind of grass, that is observed to spring up fresh and green in low and watry meadows; but, I am rather inclined to think, it is more from their lying in such a situation, than their food, and am of opinion, if they were driven to a higher and drier situation during night, they would not suffer by any means in an equal degree.

strumous,

strumous, cannot be at all wondered at. The Lacteals, are evidently the most general means of conveying nutriment to the body, consequently, if they should be generally affected by disease, and by that means incapable of performing their different offices, I think we may not only expect to find the chyle conveyed for the purposes of nutrition, imperfect in quantity, but also in its quality; and if an acid should prevail, I would not consider it as the origin of disease, but its consequence. This is illustrated in the case of a jaundiced patient, whose fluids might be expected to taste of the bile, but the reason of that is evident, because it is diverted from its natural course, and diffused through the whole habit.

One of the most general causes of diseased Lymphatic glands, particularly in children, I consider to arise from the improper treatment of them, in their infancy. Every one who has made but the least observation upon the mode of nursing children in this country,

country, must allow it to be very exceptionable; from their birth, they are either at the breast, being fed, or lulled to sleep in the arms of the nurse, or placed in that destructive machine the cradle, which among the poorer sort of people, is more generally practised; and not content with this, to enforce those methods, they have very often recourse to opiates.

The manner of dressing them is also exceedingly improper: it totally prevents the smallest degree of exercise, nay, even more, I believe, it often impedes respiration, and produces ° Convulsions. What could have been the original intention of dressing young children in so confined a

° From an accidental circumstance, I was lately called to a young child that was said to be in Convulsions, which was really the fact. I desired the nurse to undress the child, which I then found to have been rolled up tight; and am confidently of opinion, that the tight rolling and filling the stomach, rendered respiration so difficult, as at length to terminate in suffocation, and death must soon have followed; which in this instance was happily prevented.

E

manner,

manner, I am at a loss to guess, unless it was understood that the child would not be straight in its body and limbs; but surely such an idea is to the greatest degree absurd; for in those countries where such a practice was never heard of, the children are seldom or never deformed.

The custom then very often by night, as well as in the day time, is thus alternately filling (I had almost said overfilling) the child's stomach, and then lulling him to sleep, by which means it grows immoderately fat, and is what most mothers, and nurses are so proud of, a very fine large child; insomuch that at nine or ten months, when the child would be endeavouring to walk, and use exercise, it is totally impossible. For although the bones are proportionably enlarged, yet, like the flesh, they seem to have a degree of softness, and actually give way under the load they have to support, as is evident, from the curvatures that frequently take place in the legs of those very fat, heavy children,

children, and when the child loses its flesh by disease, the enlargement and the curvatures of the bones become more apparent; and it has been usual to consider these deformities as a distinct disease, by the name of Ricketts: but I believe it very rarely happens, that we have what is commonly understood by Ricketts, a mollities of the bones of infants; and therefore, I consider this, as no more than a proportionable enlargement, from the improper means before described. This is most evident, in the softer and spongy parts, which are the ends of the bones, and is particularly discoverable in the ribs, at the wrist, knee, and ankle. Surgeons well know, that the bones have peculiarities about them, from the action of the different muscles; and also, that in fractures without suitable compression, the bones in the divided part would be considerably enlarged. But, without appealing to professional men, the prodigious increase that often takes place in children, from their birth to the end of twelve or eighteen months (if not sooner arrested
by

by disease) is so disproportionate, that it must alone carry conviction to every individual. I cannot help comparing a child thus improperly nursed, to a hot-house plant, brought forward by every possible means. Like it, it grows luxuriant; but it is evidently so contrary to nature's principles; that instead of producing as may be expected an Herculean race, it lays the foundation of innumerable diseases; some are carried off suddenly by Convulsions and Epileptic fits, while others have violent vomitings and purgings, high inflammatory Fevers, ulcerations behind the ears, eruptions of the head, and different parts of the body, inflammations and suppurations, and almost always accompanied with obstructed Lymphatic glands externally, or internally, and most frequently both together. Thus this improper treatment of young children, is a very general cause of Struma.

There are also many other occasional causes, such as external injuries, from
2 contusions

contusions and lacerated wounds, extreme cold, the variableness of the weather, particularly in the spring and fall of the year, moist and low situations, any natural or artificial evacuation obstructed, a change from the country to large cities, and even from one part of the country to another, change of diet, different diseases, as the Small-Pox, Measles, Lues Venerea, Hooping-Cough, Fevers of different kinds, improper diet in quantity and ^p quality, and a want of suitable exercise, which will be productive of disease in all countries, and at all ages, and may be justly considered among the most frequent causes of Struma.

I shall now endeavour to point out the symptoms and progress of this disease, according as the Lymphatic glands in the

^p The quality of the food given to children, is of equal importance with the quantity. Nature never intended that young children should be fed with large quantities of animal food and fermented liquors, especially salted, and otherwise seasoned meats, luxurious sauces, and liquors that are spirituous.

different

different parts of the body are principally affected; and as those of the ^a Mesentery appear to me, to be the most frequent complaint of young children, and in very many instances the foundation of a stur-mous habit of body, it necessarily claims our first attention.

It must evidently appear when those glands are affected, that the means of conveying nutriment to the body being in part obstructed, the flesh that was before firm, will soon become loose and flaccid, the countenance pale, and a general languor and disinclination to exercise of every kind, particularly in the morning, will prevail; the

^a Repletion, and a want of exercise, have been considered as the principal cause of diseased Mesenteric glands. I have before mentioned the similarity between this disease, and the Rot in sheep; and in support of that opinion, I shall beg leave to relate the following circumstance: I am informed lambs put in the marshes at the spring of the year, to fatten them speedily, have most of them diseased Mesenteric glands, when those of the same flock, that have been left to graze upon poorer land, have remained perfectly sound.

appetite

appetite will vary, and be sometimes pretty good, at other times but indifferent, an unusual degree of thirst will be experienced, considerable heat will be excited upon the skin, particularly the palms of the hands, the breath will be often offensive, and frequent complaints will be made of an uneasy sensation in the bowels, and if at a proper age, described as if there was a fullness, the size of the belly will be increased, which I apprehend is more frequently caused by a distention of the bowels with wind, than from an enlargement of the diseased glands, the pulse will be quick and small, and the lassitude so much increased, that, if permitted, the little patient will continue in one position for a length of time, picking or rubbing the nose. In this stage of the disease, it is often attributed to teething, if there are yet any teeth expected, and in other instances to worms, probably from this last symptom, which has been often considered as characteristic of that complaint; but there seems little propriety in considering this

this act as characteristic of any particular disease, as it is common to every indisposition accompanied with ^r Fever. The Lymphatic glands externally, will frequently become enlarged, particularly those of the back part of the head, and under the chin; the lips will be often swelled, and sometimes attended with eruptions round the mouth, back of the head, and different parts of the body; the eyes and eye-lashes will frequently partake of the general indisposition; at other times, the fingers, toes, back of the hand or arm, have often the appearances of disease; and in short, if accurately examined, it will be found that the Lymphatic glands in many different parts of the body will be more or less diseased.

The body is irregular, sometimes the patient shall have a purging for a day or

^r During Fever, most of the natural secretions are less, and that of the mucous membrane of the nose among others; and from the quantity being less, and an increased heat, the skin becomes dry and the mucous hardened, and naturally excites a propensity to be rubbing or picking it.

two,

two, but is more frequently to this period coſtive. The loſs of fleſh will become daily more viſible, and the bones will appear to grow larger, particularly at the joints; the head alſo ſeems preternaturally enlarged; the ribs become flattened, and often curved almoſt to a right angle with the breaſt-bone or the ſpine, which are occaſionally diſtorted in one or more places; and in proportion to the enlargement previous to the attack of diſeaſe, will this ſymptom be more or leſs conſpicuous. We have before obſerved, that in this ſtage of the complaint, it has been uſual to conſider this ſymptom as a diſeaſe of the bones; but I am inclined to think, in almoſt every inſtance, the curvatures of the bones took place, previous to the indiſpoſition, and that the flatneſs of the ribs, and prominence of the breaſt-bone, aroſe from the preſſure in liſting up and down a very heavy child; not but it is readily admitted, there may be other cauſes of general debility and its conſequences, ſome of which have already been ſuggeſted. In proportion to the nar-

rowness of the chest, will the contents be pressed down upon the diaphragm, and become another cause of enlargement to the belly, which is now often the most distinguishing symptom, from its hardness, enlargement, and the frequent complaints that are made in that whole region, which are commonly accompanied with a constant purging of frothy offensive stools; and instead of the pain or enlargement being decreased by the purging, these symptoms are aggravated, and the patient is soon carried off, when he is most frequently said to have died of convulsions of the bowels. In other instances patients become dropical in the last stage of this disease, and that is the supposed cause of their death; but there are many examples of children having diseased Mesenteric glands, unaccompanied with any of the distinguishing external symptoms here described;

* In some cases that I have had the opportunity of examining which were dropical, I have found the fluid thick, and apparently mixed with matter, which I have attributed to a suppuration of some Mesenteric glands,

these.

these waste away daily, until nothing apparently remains but the bones covered with the skin; and in proportion to the progress of the disease in the Mesenteric glands, will be its consequences quicker or slower, and they die of a true Merasmus, or general atrophy: a case of this kind is given by Dr. Douglass, in the Philosophical Transactions.

C A S E.

“ The subject was a boy about four or
 “ five years of age, that died of a general
 “ atrophy or consumption of all the muscu-
 “ lar fleshy parts of the body, occasioned
 “ undoubtedly from the many glandulous
 “ swellings scattered up and down the
 “ whole mesentery, which, by compressing
 “ the Lymphatic vessels, called in this place
 “ Vasa-Lactea, prevented the access and
 “ supply of the chyle, so necessary for the
 “ continued nourishment and increase of
 “ the parts; for without the constant re-
 “ cruit of this whitish balsamic liquor, the
 “ mass

“ mass of blood will in a short time be unfit
 “ to perform any of those offices, which a
 “ fresh accession of chyle qualifies it for.”

This then, I think, will naturally enough account for the deformity of children.

The obstruction may not be in so great a degree as to terminate in the death of the child. At the same time, however, it may be sufficient to prevent a necessary quantity of nutriment, for the renovation and increase of the body; but more particularly if the children shall have been in the enlarged state we have before described, from improper feeding, and want of exercise. As a very little inquiry will prove the truth of what is here asserted, I shall think it needless to recite more written cases, which I could readily do, as well as a considerable number of instances which have actually fallen under my own observation.

We have also frequent enlargements and obstructions in the Lymphatic glands, of the lungs, liver, spleen, and bronchia.

In early obstructions of the Lymphatic glands in the lungs, the most distinguishing symptoms are, a hard dry cough, difficulty of breathing, especially upon an increased action of the vessels, whether from strong exercise, or any other cause; there will be a sense of fulness, and the patient will complain that he wants room to breathe, and occasionally be subject to an obtuse dull pain under the shoulder-blade, in the side, or under the breast; the pulse varies, seldom very quick or very full; the patient coughs hard and frequently, and yet expectorates little; there is a frothy mucous, but that is from the fauces, excited by the action of coughing. If the disease should continue its progress, it terminates in supuration, producing Phthisis Pulmonalis, or Consumption; a disease very general in this country, and particularly in the 'metropolis.

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* The average number that die of this disease, according to the bills of mortality, are upwards of four thousand annually; and I am thoroughly persuaded, the greatest
part

We have still greater difficulty in distinguishing the diseases of the liver and spleen, more especially when they are first affected: both liver and spleen are commonly found to be larger than in the sound healthy state, and the patient is observed to waste away without any sensible or apparent cause; there is occasionally a sense of pain and uneasiness in the region of the liver; there is seldom any defect in the secretion of the bile; for in livers considerably diseased, I have found the usual quantity of bile, in the Cyst, or gall bladder. The pulse, the appetite, and the excretions, vary according to particular circumstances.

When the Lymphatic glands of the bronchia are the seat of the disease, the

part of that number originated in diseased Lymphatic glands of the lungs. At the same time, I do not pretend to say, that all those reported by the bills to die of Consumption, died of Phthisis Pulmonalis. I have no doubt but obstructed Mesenteric glands, and other diseases, might have been the cause of death to many supposed to have died of Consumption.

patient

patient coughs a great deal, and is very hoarse. If this is unattended to, the glands here, as in other parts of the body, may acquire a degree of hardness and insensibility, that renders them sometimes very difficult to excite to action; and the patients may continue with that disagreeable hoarseness for many years, and perhaps the rest of their lives.

These are the usual symptoms, I have observed, whilst the disease confined itself to the Lymphatic glands of the mesentery, liver, bronchia, and lungs; but for our further aid, they are most frequently accompanied with some external symptoms, such as enlargements of the Lymphatic glands under the chin, and round the neck; sometimes one only, in other instances several; they are commonly hard, circumscribed swellings, without the least discolouration of the skin, and so little painful, that they are most frequently found, as it were by accident, in washing the neck, or combing
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the hair ; and thence, are supposed to have taken place very suddenly, which might have been the case : when this appears to be the first symptom of the disease, and is commonly termed a falling of the almonds of the ears ; but it is more frequent to find numbers of those glands enlarged, and, upon inquiry, that they have been of considerable duration.

It often happens, that similar tumours appear on the fingers, upon the back of the hand, the fore arm, just above the elbow in the inside, and arm-pit. It is not unfrequent to trace them, in the manner here described, from the finger to the hand, and so on.

Similar appearances and progress, takes place in the lower extremities, from the toe to the leg just above the ankle, upon the shin, again just below the knee, and immediately above it, upon the thigh, and then the groin. Those affections of the
eyes

eyes and eye-lashes, that are accompanied with diseased Lymphatic glands, are usually termed strumous. Eruptions of the back part of the head, roughness of the skin, particularly about the face, little ulcerations in the nose, and eruptions in different parts of the body, as they are very common to children that have other symptoms of diseased Lymphatic glands, have also been considered as strumous.

The lips are frequently affected, by which they are considerably thickened, often accompanied with eruptions round the mouth, and, in bad habits, deep and painful ulcers. The sides of the face are also occasionally diseased, and, without great care, very much disfigure the patient.

These tumours, that we have described as hard circumscribed swellings without pain or discolouration of the skin, will, with an increase of the complaint, grow larger, look red in the middle, and become pain-

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ful;

ful ; and as suppuration goes forward, the redness extends itself, the pain increases, and a fluctuation may be easily felt. If no^w artificial opening is made, it is often a long time, in weakly and debilitated habits, before these tumours break of themselves, and when that happens, the opening is generally very small, the size of a pin-hole ; sometimes there are two or three of these small openings, from which is discharged a thin ferous liquid, sometimes mixed with matter, and occasionally little white particles, not unlike a small portion of a nut kernel, but by no means so hard ; this discharge, which is often considerable in quantity, may continue, without proper assistance, for months, and sometimes years.

The breasts of women are often the seat of this disease, sometimes from blows, or

^w There are no instances of any tumours continuing so long without destroying the Integuments (except drop-fical swellings) as those of the Lymphatic glands.

other accidents, and at the age of menstruation ; but more frequently at the time this evacuation becomes irregular, when it deserves their particular attention. It also often happens while suckling, from cold, retaining the milk too long, and at the time of weaning the child, without proper care.

It is not unfrequent for the Testes to be the seat of this complaint : this happens more frequently to young men, from the age of fourteen to eighteen ; not but the instances are very common in older men, where there is not the least reason to suspect any venereal cause ; but most probably those that have had diseased testes, whether from Lues Venerea, or any other cause, will be most subject to this complaint.

It frequently happens that the deeper seated Lymphatics of the back, upper part of the thigh, and about the joints, are diseased ; often, I believe, from external injury, by straining, or perhaps rupturing the
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the Lymphatic vessels in that particular part ; at other times, from contusions, bruising and exciting inflammation in them. I have sometimes thought there was a degree of resemblance between those tumours, and aneurismal ones, or more strictly, varices, making a due allowance for the different order of vessels. It is often a long time before we are enabled rightly to determine what the complaint is, and its exact situation : children are the most frequently affected, and their information is commonly vague, and dissatisfactory ; sometimes they complain of pain, in and about the hip joint, then of the knee, of the back, and of the groin : when the disease is in the hip, constituting what is called the *Hip case*, we should particularly attend to the action of that joint, as they more frequently represent their complaints to be about the knee : the pain is sometimes very acute, especially during the night ; sometimes there are cold shiverings, and succeeding fever. The appetite and pulse are variable,

variable, according to the degree of pain and other circumstances.

The first external appearance will be an enlargement of the upper part of the thigh, which will be best discovered by placing the child on its face, and comparing the two nates or buttocks^{*}; there is a weakness in the whole limb, and it soon becomes relaxed, and emaciated; there may be yet no discoverable fluctuation from its being deeply seated; as the tumour increases, a fluctuation will be discoverable, and the skin appears stretched, and puts on a shining appearance, yet there is no external inflammation, or great degree of pain upon examining it with the finger, if the limb is not moved: thus it continues growing larger, and extending itself, during perhaps the space of one or two years, the patient growing weaker and more emaciated; the tumour may now be supposed

^{*} In this stage of the disease, it has heretofore been often mistaken and considered as a dislocation of the hip.

very large, extending from the upper part of the thigh down towards the knee, the skin is become very thin and more sensible to the touch, and it may be expected to burst in one, two, or more places, every hour, often for some weeks. When it has broke, the contents will be found in most instances to resemble the serum of blood, or milk whey, and the white parts that float in it, not unlike the curd; at other times, it is mixed with matter, the quantity is often very considerable, from one to three pints; after which, it will continue to discharge a thin serous liquid, in immense quantities daily, by which the poor emaciated patient is extremely weakened, and in most cases, without the greatest attention, the disease ultimately proves fatal.

When this complaint is in the lower part of the back, we have still more difficulty in investigating the case; there is nothing to be seen or felt for a great length of time, but the patient complains of occasional

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pains,

pains, sometimes more acute than others, probably from the alteration in the habit of the body ; he complains most upon bending forward, and is observed to kneel in order to take any thing from the ground ; it is nearly the same when the tumour points towards the groin ; in this case the patient bends to one side, and as this, very often (like the hip case) goes on for months, nay even years, the child to avoid pain from the action of the muscles that press upon the part (although not very acute) naturally gives way, and becomes deformed.

The first appearance externally, will be a large extended tumour, without much pain or discolouration of the skin, until it becomes very thin, when it looks red, and is painful to the touch : these cases are nearly alike in their symptoms, contents of the tumour, and, in the event, symptomatic fever fluctuates according to circumstances.

When

When this disease happens about the joints, it is commonly called *White Swelling*; although this term is generally applied to the knee, yet it is equally applicable to every joint affected with this complaint.

There may be diseases of the joint from different causes; but I shall confine myself to that only, arising from strumous affection. The Lymphatic glands surrounding the joint are frequently affected and give the true White Swelling; this, like other affections of the Lymphatics, is at first but little painful, there is only a stiffness in the joint, or, in other words, a sense of pain in bending, or fully extending the limb. If we examine it carefully in this stage, we shall find one or more small tumours about the joint; and as they increase in magnitude, they become more painful, and the action of the joint more circumscribed; the limb becomes emaciated; and as the tumour enlarges, there will be a fluctuation; the skin becomes reddish, shining, and, according

according to concurring circumstances, is the pain more or less acute and painful to the touch ; and as has before been observed, it is often a considerable time before it breaks ; when that happens, the discharge is generally a white glough liquid ; at other times mixed with matter, and in other instances like the contents of the large tumours before described. The concomitant symptoms are pretty much alike ; not but I consider this as of less consequence to the patient, than either of the two preceding cases, where the ligaments of the joint are not affected.

There are frequent instances of the bones suffering from their immediate connection with disease.

If the *Periosteum* is morbid, whether from external injury, or any other cause, the bone will probably in the event become diseased ; at other times, I have conjectured that a ruptured or diseased

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Lym-

Lymphatic depositing its contents between the Periosteum and bone, may be one cause of diseased bones; and I have been often induced to consider this as the most common cause of the diseased small bones of the fingers and toes of children.

The first appearance of this complaint about the fingers or toes is attended with little or no pain, and the enlargement of the part affected is generally the first circumstance that calls for attention: the part is hard and will bear a certain degree of pressure without an extraordinary sense of pain; nor is the use of the finger impeded in this stage; but as the tumour increases in magnitude it is more painful, the skin becomes red and inflamed, and consequently sensible. If left to break of itself, it will be often tedious, and when that has taken place, the discharge will be but small in quantity, and there will still remain a hard extended tumour all around the finger or toe:

toe: the skin will be of a deep red colour, and there will be a discharge of a thin ferrous fluid for a great length of time, and the disease will generally terminate in an exfoliation of the bone.

P R O G N O S T I C.

In our prognostic, the first object of inquiry is, whether the complaint, under consideration, is local, or only a symptom of a generally diseased habit. If the disease may be properly termed local, in most instances, it will be favourable to the patient; but where it is more general, we must be governed in our opinion by the progress of the disease in the general system, the time it may be supposed to have existed, and the advantages that are obtainable towards the recovery.

P R E-

PREVENTATIVES.

Prevention of disease has long been considered of so much importance, as to become a proverbial phrase; and in no instance can the application of it be more proper, or deserve more serious attention, than in the disease under our present consideration.

In very young children, the prevention of a complaint so general and so alarming in its consequences, will principally depend upon a proper attention to air, cleanliness, exercise, and diet; and when more advanced, the form, age, and constitution of the patient, will be the best guide what kind of regimen, and what other means may be best suited to this important object.

The want of breathing a pure atmosphere must be injurious to health at every
period

period of life ; but particularly to young children. The air of large cities, is of itself prejudicial ; and in proportion to the breadth of the streets, size of the houses, rooms, number of its inhabitants, and the degree of cleanliness, will it be more or less noxious. Children, confined and obliged to breath unwholesome air, may be compared to vegetables in a room, so tender, that a blast of air destroys them ; and the habit of body of those children, seems rather to invite disease, than to resist its attack : the consequences are apparent in all epidemic complaints. Children, and even adults, suffer more in large cities, and the confined parts of them, than in the country. The advantages of a pure atmosphere, to the prevention of disease, and the preservation of good health, will be generally admitted : therefore, those who cannot breath the purer air of the country, but are of necessity confined to large cities, should adopt the best substitutes. Cleanliness is absolutely necessary, and a free circulation

culatation of air by every possible means. It may also be necessary when in the country, to change the situation. There is certainly a very material difference, in the winter time particularly, between the high hills of Highgate and Hampstead, and any situation at the same distance on the Surry-side of the Thames; and this distinction is more materially observable in the northern counties, and those to the south-westward.

Cleanliness of the person, is of still greater consequence, than that of the habitation, as the want of it is often the immediate cause of disease. The ulcerations behind the ears, in the neck, under the arms, and in the groins of children, are very frequently owing to a want of cleanliness; there is a considerable discharge through the pores of the skin of young children, which, if unattended to, in a short time, excoriates and inflames the parts, and if disregarded for a few days, will most frequently

frequently require furgical aid. If the discharge, through the pores of the skin, proves so soon detrimental, what must be the event, if children are permitted to lie wet and dirty frequently, and for any length of time. I have somewhere seen this considered as one of the most common occasional causes of Struma; but the least inconvenience of their lying wet, is, that it is soon followed by excoriations and ulcerations. To prevent the ill effects of this plentiful transudation through the pores of the skin, a variety of absorbents are in common use; Fuller's earth, hair powder, common flower, and what is not quite so innocent, a preparation of lead, called cerus powder; but there will be little occasion for the use of these different means, if the linen is changed as often as necessary, and the child washed clean every night and morning, and then wiped quite dry.

Exercise is of vast importance. Some people will wonder, what can be the exercise

cise of infants ; it is true, they can exercise themselves but very little ; and, even in that, they are obstructed by their drefs. If children are permitted, they will very soon exercise their limbs, and, in short, every muscle in the body ; when lifted up and down in the hands of the nurse, they draw up, and extend their legs and arms ; and if this was frequently done, it would be very good exercise ; and after a few months, to those who cannot afford a servant, expressly for the purposes of nursing, I would strongly recommend placing the child on the floor in preference to the cradle. Besides the advantages already described of washing ; the wiping afterwards is very useful and equally beneficial. This is a mode of exercise very well known, and generally practised by the natives of the East, where, from the heat of the climate, they are prevented from using the exercise we are accustomed to in Europe : they have, therefore, servants expressly for the purpose of rubbing them, and exercising their

their different muscles ; and, although this may be considered as a species of luxury, yet the preservation of health was undoubtedly the first consideration.

Young children are never so happy as when undressed ; the best proof of this, is their actions, and the evident gratification it is to them, together with their crying the moment you begin to clothe them. This, I think, should be a sufficient reason why their dress should never be tight or uneasy about them ; and contrary to the general opinion, as soon as they are able, they should be exercised on their feet ; for, when once they can walk, if they are well, they want but little encouragement.

With respect to diet, when children take the breast (which is undoubtedly the most natural and the best suited to their early months) there can be only one or two observations necessary. Not to suckle them too frequently, or too long at a time : to

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keep them at the breast until their stomachs nauseate, is very improper; and it is not uncommon to see children empty their stomachs from the load it contained; but the next moment they are again applied to the breast, because they cry; the crying was most probably occasioned by the quantity of milk already distending the stomach, rendering respiration difficult, and creating that uneasy sensation, which is felt from nausea, and vomiting: therefore to suckle them again, is to renew that complaint, as well as to lay the foundation of others. If the mother's, or nurse's milk should be insufficient, which is sometimes the case, or, that it becomes necessary to substitute another kind of food, the milk of animals, with the addition of the different farinacious substances, is preferable to solid food: when they are more advanced, a small quantity of animal food, once a day, may be very proper, and is certainly preferable to heavy puddings and bad pastry. Children should be diverted from that shocking general custom of eat-

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ing from morning to night ; I would not have them kept many hours without food ; but by no means to be indulged with eatables of any kind for a continuance.

Cold bathing may be very properly considered as a preventative of Struma, and, indeed, of many other diseases, particularly those which arise from relaxation and debility. That of the sea, experience proves to be preferable to fresh water, perhaps, from its being more temperate, accompanied with a better air and more exercise.

Some attention should be paid to the manner of clothing children. In the winter they should be clothed warmer than during summer ; this is not much attended to, notwithstanding it is so often productive of very painful tumours and ulcers, and is a very frequent immediate cause of diseased Lymphatic glands. Whenever this happens, it is a clear proof of a defect

defect in the natural warmth; and therefore we should have recourse to the best substitutes, warm clothing, a full diet, and vigorous exercise. These attentions will appear very necessary, if we consult our own feelings; or, for one moment, reflect upon the vast difference in the degrees of heat and cold at the different seasons of summer and winter, and which may be, in a certain degree, modified by different kinds of clothing.

There is one other circumstance deserving notice, which is, the encouraging children to sleep: this is a very great error: consequently to obtain it by the indiscriminate use of opiates, must be highly injurious, not to say criminal. Children are naturally too much inclined to sleep, and, therefore, as soon as possible, some methods should be used to divert their attention. That absurd doctrine of old nurses, that children should sleep for the first three months, is similar to most of their ignorant and destructive maxims, and was most probably introduced by some of
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the laziest of them. Too much sleep, will be as conducive to that fat, soft, flabby feel, which children often have, as the quantity of their food ; and I am very much inclined to think, that, in many instances, the chronic diseases of adults, so justly supposed to originate in luxuries, are brought on by too much sleep. People, who are rather disposed to be temperate, often say, that temperance is not a preventative of disease; but, upon inquiry, I have almost always found them, either much addicted to their bed, or, that there was some natural evacuation, totally, or in part obstructed. Do we not always find a great degree of languor, gaping, yawning, and numberless disagreeable symptoms, after lying too long in bed? And there is no doubt, but it lays the foundation of many diseases ; whilst, on the contrary, the instances are very few, of those people having chronic complaints, or, indeed, any other disease, whose avocations require early rising, and strong exercise, even if in other respects they indulge pretty freely.

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If what has been said upon the subject of air, cleanliness, exercise, and diet, should have sufficient influence to excite the attention of prudent mothers and nurses, together with such improvements as will naturally occur from time to time, under their own inspection, I think there is no doubt, but diseases in general, as well as Struma, may be in a great measure prevented; and although our subject here has been confined to children, the application may be made to persons in every stage of life. Children stand in need of a guide; grown people well know by experience, the present inconvenience of intemperance, and, in time, feel the usual bad consequences.

Sentiments and opinions, early received, and long continued, will, perhaps, have a superior influence to any thing that may be recommended by one who must be totally unknown to many, who, from curiosity, or other motives, may be induced to read this little treatise. But I am well convinced, that most of the diseases of children, originate

ginate in bad management, and even those diseases to which they are naturally liable, are considerably increased, and rendered more obstinate and dangerous, for want of a proper attention to the non-naturals.

The present method of treating Struma.

The cure of diseases has always been justly considered as the ultimate object of physic. There is no disease which attacks the human body, that has had more pretenders to a thorough knowledge of effectual remedies than that of Struma. It has been, and I believe is, to this day, the principal support of *Empirics*, and probably for these reasons; the length of time that has been requisite, exhausting the patience of the sick, or of their friends; and what was yet more, the cautious manner in which every judicious practitioner delivers his prognostic, the whole of which was frequently comprised in the *hope only* of recovering the patient, whilst the daring *Empiric* boldly asserts, that his abilities are adequate

adequate to the undertaking, and promises a speedy cure to the disconsolate patient, or their friends; trusting to his sagacity for an apology, if his abilities should be questioned, from the ignorance of his prognostic.

Very numerous are the medicines, and many of them as widely different in their effects, that have been recommended for the cure of Struma. Indeed, almost all the different medicines, that are, or have been in use, have had their trial^y, and there has been scarcely a medicine added to the *Materia Medica* of late years, that has not been said to be useful in the cure of this disease. But, as I can see no probable advantage from collecting the different forms, or animadverting upon the absurdity of some, and the improbable utility of others, I shall quit that topic, and proceed to inquire, how far the present method of treat-

^y Consult Periodical Publications; viz. *Philosophical Transactions*, *Med. Museum*, *Med. Observations of London*, *Magazines*, &c. &c.

ing this complaint, deserves our consideration. The general idea of Struma is, that it is a disease of debility, and therefore the great object is to invigorate the habit by every possible means, the chief of which are, the use of tonic medicines, and sea bathing: some are of opinion (in young subjects) that this should be continued for some months during the summer, to the age of fourteen or sixteen; others recommend it, not only in the summer, but throughout the year; whilst others are for administering alteratives, principally of the alkaline salts, with or without antimonials, and the different tonics during winter, and the sea water and sea bathing, or cold bathing during summer, for a continuance of two or three years from the commencement of the complaint. The chief external means, are, fomentations of sea water, and cataplasms made with the same.

With respect to the regimen, some recommend a milk and vegetable diet, whilst others are for animal food and fermented liquors,

liquors, and these are, if I mistake not, the most general methods of treating Struma at present. The next question is, do we find that the means here related, answer our expectations? As an individual, having particularly attended to this complaint for some years, I can safely answer, by no means. I shall expect but little credit to my assertion, if the slightest impartial inquiry does not confirm it; but as there must be some instances of its utility, what are the cases in which this mode of treatment is successful. In early affections of the Lymphatic glands, from want of breathing a pure air, or a want of proper exercise, where children are delicate and irritable, a change of situation to the sea side, where they have free air and exercise, together with bathing, when they have acquired some strength, must be exceedingly proper; and in gross plethoric subjects, who have diseased Lymphatics from improper feeding, and want of necessary exercise, a journey to the sea coast may be very useful, particularly, if the salt water is drunk

drunk often, and in sufficient quantity to become purgative. This, with the novelty of their situation, which may naturally produce an increase of exercise, might answer every expectation; but these are the kind of cases, that with very little attention, are easily cured. Do we find it, however, to answer our hopes, where the disease is more general, when we have reason to believe the Mesenteric glands are much affected, the lungs diseased; or in Hip cases, and those of the joints? It is common for the patient, or their friends, to suppose the complaint better at first, but, I believe, that arises commonly from the spirits of the patients, or their friends, being raised by expectation, and the mind relieved by the change of situation; or, perhaps, a still more powerful cause, seeing a variety of objects, equally bad, or worse, than themselves.

Again, are the means, here recommended, such as would be thought advisable in diseased Lymphatic glands from other causes? Would it not be thought

thought to the greatest degree absurd (generally speaking) in Buboes or diseased testes, whether from Lues Venerea, or any other cause, to recommend cold bathing and tonic medicines; or, in the case of a blow upon the skin, producing inflammation, affecting the Lymphatic glands of the groin, or from the absorption of morbid matter, by a wounded finger, affecting the glands of the arm and axilla? I believe, in such cases, cold bathing and bark would be the last means thought of.

That regimen, cleanliness, and a pure atmosphere, are great aids to nature, no one will dispute; thus it appears to me, that the most that can be said, in support of the present plan, is, that it may be in many instances, a good preventative; and further, that it has the good effect of supporting the patient under the disease, leaving the curative part to nature. No one can less object to that mode of treating diseases where the means of relief are not clearly obvious,

obvious, than myself; but repeated experience authorises me to say, nature's efforts, in the cure of this disease, is, at all times, exceedingly tedious; and, where any considerable progress is made, very often altogether ineffectual; and I know of no complaint affecting the human body, where the interposition of art is more requisite, and when properly applied, more conducive to the general good of the patient.

Electricity is also a remedy of late frequently recommended in strumous cases. It has its advantages, particularly in those cases where, from length of time, the enlarged glands have acquired a degree of hardness and insensibility, and we are desirous of bringing them to action. I have sometimes produced happy effects by electricity, in cases of this kind, where most other means failed; but how far it may be proper to excite action in those glands, must be left to the discretion of the surgeon, and the desire of the patient.

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METHOD OF TREATMENT.

I shall now beg leave to offer to the consideration of the profession, such curative indications as are the result of repeated experience, and (as I hope will appear) perfectly consistent with our knowledge of the animal œconomy.

In order to do this in some measure generally, and in as few words as possible, it will be necessary for us to divide the different symptoms and appearances of Struma, into two classes, or stages of the disease.

To the first, belong all those different symptoms that are accompanied with an inflammatory *Diatheſis*, and are in most instances local; and to the second, the different symptoms and appearances, accompanied with great debility; or a more general affection of the Lymphatic system. This distinction will be the more necessary,
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as the mode of treatment will be very different.

If attention to air, exercise, and the other requisites were necessary to the prevention of disease, it will be needless to point out their advantages in checking the progress of it, and their great utility in promoting a recovery.

Almost all the first symptoms of this disease, whether internal of the mesentery, bronchia, lungs, and liver ; or external, such as swellings of the lips, side of the face, under the chin, and round the neck ; or the different symptoms that are usually considered as strumous, viz. roughness of the skin, eruptions of the back part of the head, and different parts of the body, redness and swelling of the eye-lids and eyes ; I say, all these different symptoms are generally accompanied with an inflammatory *Diatheſis*, and by an early attention may be remedied with very little difficulty. The inflammation, however, has seldom

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been

been so great as to require bleeding, but I have never hesitated to take away blood where there has appeared the least necessity.

The medicines that I have found efficacious in removing the symptoms here enumerated, have been the different mild preparations of mercury; and the *Mercurius Dulcis Sex. Sub.* has the preference. This medicine seems to have a distinguishing quality in removing obstructions of the Lymphatic glands: we are to avoid giving it in such a quantity as to become a powerful evacuant, either by the intestines, or any other way; I have usually given it in small doses at night going to bed; by that means, it remains longer in the intestinal canal; a greater quantity is taken into the habit, and the patient is less susceptible of cold, than when taken in the day time; nor will it prevent his usual exercise, or employment, the following day. The first, and perhaps the second dose may prove purgative, which is in general very necessary,

fary, but after that, the same quantity will seldom do more than is sufficient to keep the body open; so that if it does not answer that purpose, I have usually recommended some gentle purgative every third or fourth morning, according to circumstances. If there should be a prevailing acidity, a few grains of the *Sal Sodæ*, *Magnesia*, or some testaceous powders may be added to the medicine. By this simple method, most of the symptoms before mentioned, will, in a short time, disappear; but if the tumours should continue to remain hard, and retain their figure without dividing into smaller ones, we shall derive some benefit from external applications, particularly, by the steam of warm water. I have used a variety of medicated herbs; but am inclined to believe, the advantage was principally derived from the warm steam, which has this favourable circumstance, of not being in the least offensive. At other times, I have stimulated the part affected by electricity, insulating the patient, and drawing sparks from the tumour,

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until there is a slight degree of inflammation. After the application of the steam, or the use of the electrical machine, I have sometimes had a little of the *Unguentum Mercuriale* rubbed into the tumour, and neighbouring parts, or applied the *Emplastrum Saponaceum vel Mercuriale cum Ammoniaco* over the swelling; this will most frequently remove those obstructions; but supposing the tumours should be disposed to suppuration, we have nothing to apprehend in habits of this kind; they will suppurate kindly, the contents will be good matter; and, in most instances, heal without much trouble, and by proper care leave little or no appearance. To the eruptions of the head, may be applied a little *Unguentum Saturnium*,—*Album Camphoratum*, or the *Ceratum Album*.

The roughness of the skin, which is often followed by ² general eruptions, will commonly

² This is certainly as distinct a disease from Struma, as that of Dropsy; but as it very commonly accompanies
enlarge-

monly require some external application also; lotions of the *Aqua Vegeto Mineralis*, *Aqua Calcis*, solutions of *Sal. Tartari*, *vel Mercurius Corrosivus sublimat.* may be made use of: this last will seldom fail to check the progress and dry the sores; and, in the quantity of ten or twelve grains to a quart of warm water, will not be in the least painful. If they should ulcerate, and require any unctuous application to prevent the adhesion of the linen, the ointments before mentioned may be applied; warm bathing will be the best remedy, and the salt water bath has the preference; I have occasionally recommended medicines producing equable circulation, viz. *Vinum Antimoniale*, *Tartarum Emeticum*, *Decoctum Lusitanicum*, *Decoctum Lignorum*, or, *Sarsaparilla*; and have sometimes derived advantages from artificial drains; but this symptom generally happens in the winter season, and often continues until the warm

enlargements of the glands under the chin, and round the neck, I have here taken notice of it.

weather

weather comes on, and if that does not prove a remedy, it is generally very troublesome to remove.

Affections of the eye-lid may be easily remedied, if early attended to; when there is an increased secretion of mucous, we should make use of some astringent lotion, as the *Aqua Calcis Simplicis*, *Aqua Vegeto-Mineralis*, solutions of *Alumen*, or *Vitriolum Album*; and apply some unctuous application at night, to prevent the adhesion of the eye-lids during sleep. The Saturnine ointment very well answers the purpose; this, and a proper attention to regimen, and the internal remedies here recommended, will generally be found to answer every expectation; but if suffered to go on for a length of time, or in people much advanced in life, they often prove very troublesome.

Blisters at the temples after the application of leeches, and the Tinct. *Thebaica*, dropt into the eye, are sometimes very
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serviceable ; and in delicate, and very irritable habits, the *Cortex*, and the general class of tonic medicines will be found very useful.

Where there are affections of the testes, we must attend particularly to the suspending the scrotum by a bag-truss ; otherwise, the weight of the enlarged gland will bring on an inflammation of the spermatic chord, and occasion a great deal of pain ; an horizontal position will be the easiest to the patient ; blood taken from the arm, will be very proper, and the body purged with a solution of neutral salts, when the *Mercurius Dulcis* may be given to advantage, in the manner before recommended, and the warm steam applied to the part affected. In some other cases I have found external stimulants very useful, such as *Sp^a. Mindereri*, or *Tinctura Myrrhæ cum Aloë*. When the swelling is in a certain degree subsided, we must not relax in our regimen, otherwise, there will remain a small hard swelling of the *Epididymis*, that will be very troublesome to remove.

In affections of the breast, there are two circumstances to be particularly attended to, the age of the patient, and the immediate cause of the complaint.

In young women, about the age of puberty, the medicines before recommended, will be found invariably to answer every expectation ; when it proceeds from forenefs of the nipples, or any other cause, by which the milk is retained too long, and coagulates, and the glands are enlarged from that inflammation, and subsequent process : in this case, they sometimes subside, as the cause of their enlargement goes off; but there are frequent instances after suppuration has taken place, and there is a perfect cicatrix formed, that there remain large hard tumours in the breast. We must here be careful in the use of *Calomel*, as we shall otherwise frequently find it producing little or no change upon the mother, but very much to affect the child, and cause severe pains in the bowels, considerable degree of fever, and sometimes even convulsions.

vulsions. In cases of this kind I have been particularly successful, by the use of the warm steam^a, this will often produce a sensible alteration during the application of it, which should be repeated twice or thrice a day, and a piece of flannel or skin applied afterwards; and the body should be kept in a soluble state by some gentle opening medicine. The most tedious cases of this kind that I have met with, have originated from the timidity of the patient, preventing their application for necessary assistance, and there has been one suppuration after another, until the whole breast has become generally diseased, often extending to the axilla; and here, in addition to the external means, it will be found necessary to

^a For this purpose, I had made a small tin machine, that contains a pint and a half, or two pints of boiling water; from the top of which, is a narrow tube, ten or twelve inches long, through which the steam passes; there is a joint near to the end that is moveable and curved, for the greater convenience of applying it to the different parts that may be diseased. The water is easily kept boiling by a lamp at the bottom,

give some other kind of medicine besides the gentle aperients before recommended : the different preparations of mercury, according to the strength of the patient, are to be preferred, and should they affect the child materially, it will be proper to prescribe (at least for a time) some other nutriment. The breast is frequently affected, if any customary evacuation is obstructed, or becomes irregular, and if seasonably, and properly attended to, is easily removed by the general means I have already recommended.

In obstructions of the Bronchial glands, in addition to the internal use of some mild alterative medicines, the patient should carefully avoid exposure to cold, and keep the fauces moist by frequently drinking warm diluent liquids. The steam of warm water, by means of *Mudge's Inhaler*, will be very useful ; and, externally, a piece of skin or flannel applied over the breast.

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When diseases make their appearance externally, or are so violent in their approach, as to produce sudden changes in the body, there is little danger of surprise. But we have every thing to apprehend from those complaints that make their first attack upon the internal parts of the body, unaccompanied with any very material change, or alteration, until the disease has made so great a progress, as almost to defy the powers of art to divert its course, and prevent fatal consequences.

Consumption, is one of those dreadful complaints that too often steals on unperceived, and although mankind seem to be upon their guard against this malady in particular, yet they are not sufficiently so, from their being unacquainted with the different causes. Diseased lungs, arising from general, or particular inflammation, is commonly accompanied with pain, and other symptoms, sufficiently urgent, to excite the attention of the patient, and every one about them; but this is seldom the case

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when from strumous affection. The present method of treating this disease is very exceptionable ; little more is attempted than what nature can do, and the want of success, evidently proves, that something more is necessary.

Regimen and antiphlogistic treatment often prove so far a palliative, that the urgent symptoms are alleviated ; but the slightest occasional cause, shall bring on all its usual symptoms afresh, and, early or late, in most instances, it ultimately proves fatal. To the present method of regimen, observed in consumptive cases, arising from strumous affection, I would earnestly recommend the exhibiting some medicines that may be supposed to have a tendency to remove those obstructions. Balsamics and expectorants, appear to do but little ; and, I believe, more have been preserved hitherto, by a strict attention to regimen, than from the medicines taken. The idea of exhibiting mercury, in any form, to a consumptive patient, would be generally

generally exploded ; but I am at a loss to account for the reason. It is true, the introduction of mercury into the habit, will, for a time, become a stimulus ; so does the application of a blister, and (to consumptive patients) almost every kind of medicine, or even the lightest food.

But we must remember the distinction before made ; consumptive patients, from strumous affection, have not that degree of irritability that is so particularly distinguishable when from other causes. I am of opinion, that the milder preparations of mercury might be given with the greatest safety. I have experienced its utility in several instances^b, but never knew it detrimental.

^b In the instances where I have been employed ; from some external symptoms of Struma, and have had every reason to believe the lungs were diseased ; I have given some of the mild preparations of mercury, with the *Vinum Antimoniale*, *Tartarum Emeticum*, *Pilulæ Styracæ*, or some similar class of medicines, and was perfectly satisfied with their operation and power.

A change to a milder climate, especially during the winter months, is the greatest aid medicine can have.

But the most general, and therefore, the most important object of our attention, is to remove early obstructions, of the Lymphatic glands, in the mesentery. This seems to be the region in most cases of young subjects (I mean under the age of six years) that is primarily affected, and it often lays the foundation of disease for the rest of their lives. I have been particular in describing the symptoms usually attendant upon early obstructions of the Mesenteric glands, because I am persuaded it is the most general complaint that children have in this country, and I fear the least known, or, what is still worse, the least attended to.

It evidently appears, that great numbers die of consumption; yet I will venture to say, many more, in the same space of time, die of diseased Mesenteric glands, registered

gistered in the Bills of Mortality, under the head of Worms, Rickets, Convulsions, and different diseases of the bowels.

This affection of the Mesenteric glands, was taken particular notice of by *Wiseman*, the most eminent of any writer upon our subject ; and he has so clearly declared his sentiments upon it, that I shall beg leave to present the reader with his own words : —“ If the outward and more visible glands
 “ remain whole, yet, generally speaking,
 “ the inward ones, those especially of the
 “ Mesentery, are obstructed, and swelled ;
 “ of these, I have seen divers examples,
 “ and have passed my judgment, that they
 “ have been strumous, when the outer
 “ signs could not so far justify my conjecture, as to make others of my mind ;
 “ yet, when the patient has been dead, the
 “ truth hath appeared, upon dissection.”

The *Mercurius Dulcis Sex. Sublimat.* is a medicine infinitely the best calculated to
 remove

remove this complaint, it keeps the body open, and is, therefore, the best palliative, at the same time that it is effectually removing the cause; and it seems to me, almost a specifick for this symptom of Struma. I have generally given it at night going to bed, sufficient in quantity to empty the bowels, once, or twice, the following morning; and, according to the strength of the patient, it is to be repeated every other, or every third night. If mixed with a little common flour, it may be generally given without the least suspicion. If there should be a prevailing acidity, as is very frequent, a few grains of Magnesia, or any of the testaceous powders may be added. It has repeatedly been observed to me, that the child has had a better night, after taking the medicine, without those startings in the sleep, which were otherwise usual, and waked with better spirits, better appetite, and more inclined to exercise, than in the intermediate days. It is a common observation, that children bear this medicine, without the inconveniences that frequently

frequently accompany it in grown persons. The food should be light, and such as will be agreeable to the stomach: milk seems the least exceptionable.

The body, and extremities, should be rubbed well every night and morning, particularly after washing, which will have some tendency to remove that degree of languor, which would keep them in an inactive state, if they were not stimulated by different excitements. The body should be carefully kept in a soluble state, and when the Calomel has not answered this end, I have commonly added a few grains of *Rhæi et Sal Polychrest*, or given it in the morning; and there are few instances where this treatment has not succeeded to my wishes.

In obstructions of the other Viscera, the same general means are to be observed: we have to lament the want of characteristic symptoms in many diseases; but it is a great consolation to us in the present instance,

stance, that the same mode of treatment is unexceptionable, and, consequently, we are in no danger of the patient's suffering whether the disease be of the Mesentery^c, or of the other Viscera.

Our next consideration will be, the second stage of diseased Lymphatic glands; or the treatment of those symptoms and appearances, that result from a more generally diseased system, or are usually accompanied with great debility, and relaxation.

It often happens, that the first appearances of obstructed Lymphatic glands, have been preceded by Small-Pox, Measels, Hooping-Cough, Fevers of different kinds, and a habit considerably reduced, and weakened by bad nursing. We have

^c I should not have been so well acquainted with this disease generally, if my late worthy friend and colleague Dr. Kooystra, had not, at my request, referred every patient that really had, or was even supposed to have diseased Lymphatic glands, to my care.

also,

also, weakness and debility, produced by an increase of the disease in the Mesenteric glands, preventing a necessary absorption of chyle.

When the debility is caused by diseased Mesenteric glands, we can expect but little good, from nutritive regimen, or restorative medicines, until the disease itself is in part, or wholly, removed. To obtain this important object, I have very satisfactorily employed the same general means, as before recommended. We must make choice of those preparations of mercury, that will have the least tendency to increase debility, or ruffle the constitution; and of such, the mercury united with the different mucilages, by proper care in the preparation, will deserve our attention. The *Unguentum Mercuriale* has many advantages; we have often great difficulty in getting medicine into children: this is remedied by the use of the ointment, rubbed into the belly, or extremities, every, or every other night, taking care to watch attentively

its operation. A tepid bath of milk, milk whey, or milk and water, would be very proper, and considerably assist the operation of the unguent, as well as contribute to support the patient.

The food should be of the lightest kind, asses, or cow's milk, broths not fat, and thin jellies of hartshorn, calve's feet, or isinglafs; all possible exercise should be used, and in a pure air. This, indeed, is supposed to precede every other means, at all times, where it is practicable: a dry healthy country, defended from the Northerly and North-East winds, has superior advantages; but above all, carefully avoid low, swampy countries, or any situation near to large pieces of standing water; the purest and most temperate air is that which comes from the sea.

Costiveness, must be very carefully avoided, and when the disease is considerably advanced, so that there is a frequent purging of frothy offensive stools, we must
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have recourse to the occasional use of opiates, and those astringents that may be found most conducive to obtain the desired effect.

If the means here recommended succeed, we shall have the most convincing proofs ; we cannot indeed discover what are the alterations upon the diseased parts ; but it is sufficient for us to observe our patient daily acquiring health, strength, and good spirits ; and then we may relax, or continue the use of the means, according to circumstances.

It most frequently happens, that there are some external appearances of disease. If the glands in the neck, or other parts of the body, should be in a state of suppuration, they will be very different in this stage of the complaint, from those before described : they will suppurate very slowly, the skin will be uniformly thin, and of a deep red colour, and the tumour will be flaccid, as if there was a reabsorption. If

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no artificial opening is made, it will be a long time before the skin gives way, and when that happens, the aperture will not only be very small, but often unfavourable in its situation, the contents will frequently have a nearer resemblance to mucus, than matter, or a mixture of both; and there will be a constant discharge, of the same kind, for a great length of time, if no remedy is applied. I have found a solution of Myrrh, in Aqua Calcis, as a lotion, and the Soap-Cerate, or some similar application, externally, the best method of treating this symptom; but our principal object must be to remove the disease from the Mesenteric glands, and use our utmost endeavours to strengthen the general system.

With respect to the appearances of Struma after Small-Pox, Measles, and long continued Fevers; in most instances, they will be found to be local, and by a proper attention to the non-naturals terminate favourably. But the most unhappy of all cases, is that

that from bad nursing; there is not only disease, in some particular Viscera, but its symptoms are universal, and in a short time, there will be such an alteration in the form and constitution of the child, that if it should not terminate fatally, during child-hood, he is for ever a valetudinarian, and his existence very precarious. To remedy cases of this kind, is certainly very difficult, and requires the greatest patience, and almost a constant and watchful attention. In early appearances, a change of situation and circumstances, will most probably do all that is necessary, and its good effects will soon be discoverable; but where there is actually an alteration in the form, by a distortion of the bones, and the whole frame and constitution are greatly weakened and debilitated; from whatever cause this shall arise, the strictest attention to the non-naturals will be requisite. Children, that have been much deformed, and greatly debilitated, have, by perseverance, become strong and muscular, the deformities less and less

less discoverable, and ultimately acquired a good form, and a sound constitution.

In diseases of the deeper seated Lymphatics of the back, upper part of the thigh, and about the joints, a variety of different means, both external and internal, have been recommended, issues, setons, and blisters, cataplasms of Cicuta, sea-weed, and the different farinaceous substances, moistened with sea water. It may be somewhat difficult to say, how far a person might have succeeded in early affections of this kind, because what might have been supposed the disease, we are now alluding to, might, in the event, have proved some other; but in those cases that I have thought would most probably terminate in Hip cases, I have had the part well rubbed with some stimulating application, as the *Volatile Liniment*, but more frequently a liniment of *Camphor and Oil*, every night and morning, for a considerable time. The food to be light, and easy of digestion, the body to be kept open by the occasional use

use of a little Calomel, and exercised as much as possible, and such other internal medicines as the different circumstances require. By steadily pursuing these means, I have sometimes flattered myself with the thought, that those dreadful complaints have been prevented; but, if our endeavours to promote a reabsorption prove ineffectual, the great object, in my humble opinion, is an early opening; for no possible advantage can ever be derived from leaving the tumour to increase and break of itself; the patient grows weaker, becomes more irritable, and probably deformed, and it seems, as it were, resigning him to a wretched fate. From a thorough conviction, that no good could possibly result from leaving the case to nature, I have made early openings with the point of a lancet; the opening need not be large, as the contents of the tumour will readily pass through a small aperture. After the contents were discharged, I have usually injected, with a small syringe, the solution of Myrrh, applying the Soap-Cerate externally,

ternally, and a proper bandage; by these means, the quantity of discharge will be lessened, and become thicker. If the patient's stomach will bear the Bark, I have generally recommended it in some form; and since the superior qualifications of the Red Bark have been made known, I have given that the preference, and occasionally the *Flores Martiales*, *Sal Martis*, *Seltzer Water*, a milk, or a light nutritive diet, proper exercise, and such other medicines, as would naturally occur to every practitioner; and, in many cases, have happily succeeded.

When this disease happens about the joints, I believe it has often proved disgraceful to the professors of surgery, who have hastily given their opinion, that it was incurable, and precipitately recommended the amputation of the limb. I have had a considerable number of cases of this kind, which have done well with little impediment to the action of the joint. The first object of our attention, if application is

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made in due time, is by every possible means to attempt a reabsorption ; this I have found best effected by the camphorated liniment, blisters frequently repeated, and such methods as were before recommended. But where the disease has so far advanced, as to make a reabsorption impossible, and there is an evident fluctuation, I have never hesitated to make a puncture with a lancet, and inject and dress it as before mentioned, and often succeeded much to my satisfaction. A singular case of this kind happened to a child about three years old, who had both the elbow joints affected with white swellings, which had been seen, and examined, by several surgeons, and the most unfavourable conclusions were the result of their different inquiries. When I saw him, in addition to the diseased joints, he had a large tumour of the same kind upon the shoulder ; I proposed, instantly, to make an opening, which, at first, was objected to by the parents, from some previous information they had acquired ; however,

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after taking a little time to explain my intentions, and the hopes I entertained from the means proposed, they readily consented, and I made a small opening, both above and below the *Processus Olecranon* in one arm, and a small opening below the *Olecranon* in the other, was sufficient. The tumour upon the shoulder was punctured at the same time, and all dressed alike, with the Solution of Myrrh, and the Soap-Cerate was applied externally. After some time, the enlargement of the joints diminished, and the action increased; I recommended them to use every means that could induce the child to move his arms; this method succeeded very well; and in the course of between three and four months, the sores were perfectly healed, and the uses of the joints increased weekly; so that at present, in feeding himself, there appears to be an awkwardness in the manner, rather than any injury in the joint. Another instance was, the son of a Shoe-Maker; and I was of opinion with other surgeons, that an amputation would be necessary, as the

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disease

disease had been of considerable standing, and I feared the ligaments of the joint would have suffered; but as there were no pressing symptoms, the success that followed some other cases, induced me to adopt the same methods in this; I opened the tumour, the contents of which, were a whitish thick mucous-like liquid mixed with matter, and in considerable quantity; I treated it exactly as before described, and, although it was several months before it was perfectly sound, and a considerable time afterwards before he could go through the whole process of making a pair of shoes, yet he can now do that without any difficulty. I should not have related a second case, but to give an idea to what extent the joint became useful. When the ligaments of the joint are injured, I fear we have but little reason to expect success; but it will be well worth our while to attempt the preservation of the limb; if the joint should be impaired, or even totally lost, so that the life of the patient is not endangered by the experiment.

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It very frequently happens, that the small bones of the fingers, toes, and back of the hand, are diseased : wherever the bones are affected, so as to produce exfoliation, the case will be tedious, and the more so, when from strumous affection, than any other cause ; here we must use our endeavours to invigorate the general system by tonic medicines, air, exercise, and diet, and apply some stimulating applications to the part affected, and a moderate pressure by bandage, which will prevent its becoming so very large as I have often met with in cases of this kind, where this circumstance was not attended to.

C O N C L U S I O N.

Notwithstanding the arguments that are here submitted, with a view to obviate the generally received opinion, that diseases of the Lymphatic glands, are not hereditary, yet, many, I doubt not, will be
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ready to say, ocular demonstration is incontrovertible proof; and, that they know of many families, who have had this disease, regularly in succession, for a great number of years. This, however, is in reality no proof, that the disease was hereditary: other causes have been assigned, and I have no doubt, when closely investigated, by every unprejudiced mind, it will be found, infinitely more probable, to have originated in some one, or more, of these causes, than that of its being hereditary. It is very well known, that peculiar modes of living, particular situations, and certain employments, are productive of diseases, incident to each: as for example: the cholic, and paralysis, which are peculiar to painters, and those employed in the preparation of lead, arise, beyond a doubt, from their different occupations; and the intermittents, so frequent in the lower parts of Essex, Lincolnshire, and other marshy parts of the kingdom, are endemical; so that if painters were to bring up their children to the same business, we might, with
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equal propriety, consider the diseases, that are found incident to that employment, as hereditary ; and the same conclusion might be formed with diseases originating in situation. In a word, my principal wish and desire is, to remove the prejudiced and mistaken opinion, that this complaint arises from a previous existing hereditary taint, with the hope, that as we become better acquainted with the causes of a disease, we shall be better enabled to prevent and remove the consequences.

The most material objection, I apprehend, will be to the proposed remedy ; so many, and so strange, are the various accounts, said to be the consequent effects of taking mercury, that many people would almost die of apprehensions, were they to know that it was necessary, or even, that they had been taking it. I shall, therefore, endeavour to obviate some of the most common objections.

Mercury, by chemical and other processes, is converted into a vast variety of
different

different forms, and, according to the intention, it is rendered more or less active in its operations: many of the proportions may, and are frequently given, to the youngest infants, as well as to patients at every other period of life, with the utmost safety and propriety; and it is, I believe, at this time, administered in a greater variety of diseases, than any other medicine. It is not long since, it was usual to consider the effects of this medicine, in most cases, to be produced by salivation; but, I believe, there are very few surgeons at this time, who do not only consider it, as a very disagreeable situation for the patient, but as not at all necessary to the end proposed. It is well known, that numberless are the instances of venereal patients, who have been salivated more than once, without any cure of the disease, and it was certainly, from precipitating them, improperly, into a salivation, as the same patients have been cured by the use of mercury in a different form. It will appear to be reasonable to every one, that whenever
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the mouth is so much affected, as to produce involuntarily, a considerable discharge of saliva from the glands, that if the disease, or poison, is not destroyed, or counteracted by that time, no good can be derived from a continuance; for, to give more, will be to continue or increase the discharge from the mouth: and, I should think it equally advisable, to cover a wound with cantharides, to heal it, as to continue in this situation, the admission of this medicine in any form or manner.

Mercury, appears to be the only medicine that operates upon the salivary glands in this way; and, this of itself, is a very wonderful distinction, which seems to point it out, as a medicine peculiar to glandular diseases: this distinguishing qualification, is of the greatest consequence to the patient, as it is the surgeon's surest guide, even at this period, in many venereal cases: to know when the patient may be said to be perfectly cured, is one of the most difficult questions in surgery, and it
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would have been much more so, if we had not some other reasons to justify our opinion, besides the disappearance of the apparent existing symptoms. Every practitioner knows, that one patient may take twenty times the quantity that another shall, without its affecting the mouth, or producing any sensible alteration; therefore it must be considered as a very important circumstance, since we are subject to diseases, which are in this country, as yet, only to be cured by the use of this medicine, that there is a probable criterion, enabling us to judge what is the quantum necessary: and this in most cases, is so certain, that it may be known by the least attention, almost as well as we can judge of any other menstruum, what quantity it will take, and when it begins to precipitate, and this, without the smallest inconvenience to the patient. And, I will here take upon me to assert, that there is no one case, in which salivation can be necessary; therefore, so disagreeable and painful a situation

to the patient, and every one about him, should be carefully avoided.

It will be said, most probably, that exhibiting the preparations of mercury in strumous cases, has no novelty to recommend it. Nothing of that kind is pretended: that some of the preparations of mercury were given, two or three hundred years ago, is very certain; and if we may credit the authors of that time, in many instances very successfully. *Wiseman*, who was Serjeant-Surgeon to king Charles the first, and who has recorded a greater number of strumous cases than any other writer, gave the Calomel very generally, but in such large doses, that I am sometimes inclined to think, there must have been a very material difference in the preparation of the medicine. From the quantity given, it must, in most instances, have operated as a powerful purgative, or have salivated the patient; but, certain it is, under these disadvantages, it was his favourite medicine
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in the cure of Struma; and so confident was he, that *Mercury* was necessary, that he further says, “ *without some preparation of Mercury our hopes are vain.*” There were but few preparations of Mercury given as alteratives; when *Van Swieten* introduced the solution of Corrosive Sublimate, and which preparation is still distinguished by his name: this was, at that time, said to do miracles, and was particularly spoken of, as almost a specific in this complaint; and its good effects in Struma, have been since mentioned by different authors.

In *Russell's Treatise upon Sea Water*, in the cure of Struma, he very generally ordered large quantities of the *Æthiops Mineral*; and although the *Æthiops* is very far from being one of the most eligible preparations of Mercury, yet it will be but just to give some share of credit to a mercurial medicine, that is, doubtless, endowed with some degree of power.

In the late Dr. Fothergill's paper, in the London Medical Observations, upon the advantages of the *Cortex Peruvianus* in *strumous cases*, he united the Calomel in small doses, and recommends it as an auxiliary to the bark. In this particular, I shall beg leave to differ from so celebrated a character, and consider the Cortex as the auxiliary, and the Calomel, as the active efficient medicine.

That dangerous consequences might result from the improper use of this medicine, is beyond a doubt. It has already been said, that one person might take twenty times the quantity that another can, to produce the same effect; and *vice versa*, the same quantity that may be necessary to one, shall be destructive to another. This, of itself, is sufficient to excite our care, and make us attentive to its effects and operation, in whatever form we may order it; and is at once a proof, that it should never be considered as
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a general medicine, that may be given carelessly, or by ignorant persons indiscriminately.

I have given the different preparations of Mercury to some thousands, and have never seen one single instance that has excited in me a moment's serious concern. Patients who are taking medicine without being confined, will be naturally liable to many inconveniences, from improper diet, change of weather, exposure to cold at unseasonable hours, and similar inconveniences. From these circumstances, little derangements have sometimes happened; but they are so trifling, as at all times to be remedied by a little attention, and a day or two's nursing.

One beneficial effect, I hope, will be derived from this publication. It may excite the attention of more able men in the profession, to the consideration of a disease, the most general in this kingdom
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(with an exception to those that are contagious) as well as to the other diseases of the Lymphatic system, which, at this time, are but little understood.

T H E E N D.